

# HILL & DALE 8 MILES

Saturday, January 6, 2007

## Part of 28<sup>th</sup> Annual Tennessee State Park Running Tour

**MEEMAN-SHELBY FOREST STATE PARK, Millington TN. Park info 901-876-5215.**

**Directions:** From Memphis take I-40 East to Millington exit (300). Take Hwy 51 to turn left onto N Watkins Rd. At the T turn left on Locke Cuba Rd. Go straight at the General Store 4 way stop onto Benjestown Rd. Turn right into the Park on Grassy Lake Rd and go 1 mile to the Lodge.

**Start and Finish:** Starts on Grassy Lake Rd at Silent Brook Rd at 11:00 AM central time.

**Course:** goes south for 1 mile to a turnaround and back, then turns left onto a bike trail for 2 miles. It connects with Piersol Rd for 1 mile to a second turnaround at Piersol Lake picnic area. Same way back to the start (3 Miles). Every mile is marked.

**Long Sleeve T-shirt:** guaranteed to all pre-registered runners.

**Awards:** Special awards to top 3 male and female overall, masters (40+), grand masters (50+) and senior grandmasters (60+). Five-year age groups with top 3 awards in each category from under 20 to 65+. Award ceremony at the shelter with post race party with hot chili, buttered cornbread and treats.

**Register** online at: [memphisrunners.com](http://memphisrunners.com) (click on Hill & Dale).

**Pre-registration Deadline:** December 30, 2006. Race day registration from 10:00 to 11:00 a.m.

**Race Director:** Pete Shearon, Memphis Runners Track Club, 901- 278-6991.

Info Rachel Ragan 901-230-5865 or [Rara@midsouth.rr.com](mailto:Rara@midsouth.rr.com).

**Entry Fee:** \$ 15.00 payable to MRTC  
or \$ 5.00 without shirt.

Late fee without T-shirt \$ 10.00. Race day with shirt \$ 23.00

Mail registration to: **Hill and Dale, MRTC**  
**P. O. Box 17981**  
**Memphis, TN 38187**

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**Registration Hill&Dale** Name\_\_\_\_\_

Address\_\_\_\_\_ City\_\_\_\_\_ Zip\_\_\_\_\_

Age (on race day)\_\_\_\_\_ Gender \_\_\_\_\_ T-shirt Size (circle) S M L XL No Shirt

E-mail or phone: \_\_\_\_\_

*Entry fees are non-refundable. Awards and shirts will not be mailed.*

**Waiver of Liability.** In consideration for accepting my entry, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the Tennessee Department of Environment and Conservation and the Memphis Runners Track Club or RRCA. I also release the above named for all claims of damages, demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition in the 2007 Hill and Dale Run. I hereby grant the Tennessee Department of Environment and Conservation and all sponsors permission to use my name, photograph and likeness in any broadcast, telecast, or media account. In filling out this form, I acknowledge I have read and understand my ability.

Signature\_\_\_\_\_ Date\_\_\_\_\_

(Parent signature for runners under the age of 18)